

## Smoked Salmon & Vegetable Galettes

Serves 4

### Galettes

100g buckwheat flour

1 egg

300ml milk

Pinch of salt

50g butter

1. Beat the flour, egg, salt and milk together allow to sit for about 1 hour, or make the day before and keep in the fridge.
2. Melt the butter and whisk through the batter.
3. Heat a heavy based frying pan over a high heat, smear a little oil over the surface with a piece of kitchen towel. When the pan is smoking hot, add enough batter to make a thin layer over the surface of the pan. Reduce the heat a little and when the batter is beginning to brown around the edge, flip the pancake over and cook on the other side. Repeat with the remaining batter.



The pan needs to be hot enough to make a lacey pancake so that the steam from the cooking pancake can escape. If the pan is not hot enough, the pancake will bubble up with steam underneath, won't be able to brown and be difficult to turn.

### Filling

1 tsp oil

1 onion, thinly sliced

1 clove garlic, chopped

150g frozen spinach, defrosted & squeezed out or 300g fresh leaves

170g butternut squash, cut into 5mm cubes

170g broccoli, cut into small florets

100g mascarpone cheese

200g smoked salmon, cut into strips

Salt & pepper

1. Heat the oil to 180C/350F/Gas4
2. Heat the oil in a large pan, add the onion and fry for a few minutes to soften but not brown. Add the garlic and stir together.
3. Put the squash and broccoli into the pan, stir and once sizzling, put a lid on the pan, turn the heat down low and allow everything to steam for 5 mins.
4. Stir through the spinach and mascarpone cheese. Season with salt & pepper.
5. Stir through the smoked salmon.

Make up the pancakes – line a baking sheet with non-stick paper, put one pancake onto the paper, put a spoonful of smoked salmon mixture in the middle and fold over the edges of the pancake. Repeat with the remaining mixture and pancakes. Put into the oven for 10 mins to warm everything through.

Serve with salad

## **Hints, Tips and Adaptations**

*The galettes are gluten free, can be made ahead, will keep for a couple of days in the fridge or freeze separated with greaseproof paper.*

*Swap the smoked salmon for smoked mackerel, hot smoked salmon or smoked haddock.*

*Change the spinach, broccoli & squash – purple sprouting broccoli, celeriac, kale, mushrooms, carrots, green beans or sweetcorn would all work well.*

*Make a vegetarian version with chickpeas or beans.*